

Vermont Mental Health Performance Indicator Project

DDMHS, Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601 (802-241-2638)

MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani
Janet Bramley

DATE: March 7, 2003

RE: Combinations of Services to AOP Clients

This is the third in our series on CMHC practice patterns that focus on variation in combinations of services provided by regional treatment programs. Previous PIPs focused on CRT clients (www.state.vt.us/dmh/Data/PIPs/2003/pip021403.pdf), and Children's services clients (www.state.vt.us/dmh/Data/PIPs/2003/pip022803.pdf). This week's PIP focuses on combinations of services to people served by Adult Mental Health Outpatient Programs (AOP) during FY2002. This report examines combinations of four traditional "outpatient" services: psychotherapy, medication monitoring, community supports (formerly known as case management), and clinical assessment. Statewide, almost 90% of all AOP clients received at least one of these services.

As you will see, psychotherapy alone and the combination of psychotherapy and clinical assessment were the most common outpatient service combinations, statewide. More than 40% (19%+24%) of the outpatient clients received psychotherapy alone or psychotherapy and clinical assessment. There were, however, substantial differences among regional programs in the proportion of AOP clients who received these combinations of services. The proportion receiving only psychotherapy varied from 11% in Northeastern Vermont (NKHS) and Rutland County (RMHS) to 40% in Southeastern Vermont (HCRS). The proportion receiving the combination of psychotherapy and clinical assessment services varied from 3% in Lamoille County (LCMH) to 34% in Northwestern Vermont (NCSS). The proportion of clients who received only medication checks varied from less than 3% in Southeastern Vermont (HCRS) and Orange County (CMC), to 19% in Rutland County (RMHS) and 20% in Lamoille County (LCMH).

We look forward to your comments on the variation in practice patterns observed in this analysis and your suggestions for further analysis to pip@ddmhs.state.vt.us or 802-241-2638.

Combinations of Outpatient Services
(Psychotherapy, Clinical Assessment, Medchecks and Community Supports)
Percent of Clients Receiving These Services from Adult Outpatient Programs in Vermont: FY2002

SERVICE COMBINATION	STATE (N=6568)	CSAC (N=720)	NCSS (N=939)	HCHS (N=668)	LCMH (N=262)	HCRS (N=744)	NKHS (N=891)	CMC (N=366)	RMHS (N=423)	UCS (N=782)	WCMH (N=773)
Psychotherapy only	19%	20%	16%	21%	20%	40%	11%	16%	11%	14%	21%
Psychotherapy with:											
Clinical Assessment	24%	23%	34%	23%	3%	31%	22%	29%	7%	28%	20%
Medchecks	8%	10%	7%	10%	15%	5%	9%	-	8%	9%	5%
Clinical Assessment & Medchecks	6%	7%	7%	6%	7%	-	8%	5%	4%	8%	2%
Clinical Assessment & Community Supports	3%	-	3%	-	3%	-	4%	11%	-	-	5%
Community Supports	3%	-	-	3%	-	-	-	3%	-	-	9%
Clin. Assmt, Medchecks & Comm.Supports	-	-	-	-	4%	-	3%	11%	-	-	3%
Other Single Services											
Clinical Assessment only	12%	6%	14%	16%	5%	16%	15%	10%	22%	11%	7%
Medchecks only	8%	11%	8%	8%	20%	-	6%	-	19%	8%	12%
Community Supports only	6%	4%	4%	3%	8%	3%	8%	-	14%	10%	4%
Other Combinations	9%	12%	6%	9%	13%	-	10%	9%	13%	8%	13%

Based on analysis of Monthly Service Reports submitted by designated Community Service Providers. Column entries indicate percentage of clients within each program (column totals). Percentages in bold type indicate more than 20% of the clients receive a service combination. A '-' indicates fewer than 3% of the clients receive a service combination.